



U.S. Department of Health &amp; Human Services • National Institutes of Health



## National Heart, Lung, and Blood Institute Diseases and Conditions Index

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### High Blood Pressure

#### Who Gets High Blood Pressure?

[What Is](#)

About 65 million American adults--nearly 1 in 3--have high blood pressure.

[Other Names](#)[Causes](#)

In the U.S., high blood pressure occurs more often in African Americans. Compared to other groups, blacks:

[Who Is At Risk](#)[Signs &  
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- Tend to get high blood pressure earlier in life
- Usually have more severe high blood pressures
- Have a higher death rate from stroke, heart disease, and kidney failure.

[Diagnosis](#)[Prevention](#)

Many people get high blood pressure as they get older. Over half of all Americans age 60 and older have high blood pressure. **This is not a part of healthy aging!** There are things you can do to help keep your blood pressure normal, such as eating a healthy diet and getting more exercise.

[Treatments](#)[Living With](#)

Your chances of getting high blood pressure are also higher if you:

[Women](#)[Older Adults](#)

- Are overweight
- Are a man over the age of 45
- Are a woman over the age of 55
- Have a family history of high blood pressure
- Have a "prehypertension (120-139/80-89)"

[FAQs](#)[Summary](#)[Links](#)

Other things that can raise blood pressure include:

- Eating too much salt
- Drinking too much alcohol
- Not eating enough potassium
- Not exercising
- Taking certain medicines
- Stress that is long-lasting

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